

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00am		StretchN'Flex45					
9.00am						power@le cardio2	
10.00am						BumsN'Tums ³⁰	
10.15am							BoxaFit45
10.30am						power@le cardio	
11.00am							StretchN'Flex45
11.30am						power@le practice	
11.45am							power@le practice
12.30pm		power@le cardio	power@le aerial 1	BumsN'Tums ³⁰	StretchN'Flex45		
4.45pm	power@le cardio						
5.15pm		BumsN'Tums ¹⁵	BumsN'Tums ³⁰		power@le aerial3		
5.30pm		power@le cardio		power@le cardio2			
5.45pm	BumsN'Tums ¹⁵		power@le cardio2				
6.00pm	power@le cardio						
6.30pm		power@le cardio2		BumsN'Tums ¹⁵			
6.45pm			BumsN'Tums ¹⁵	power@le aerial 1			
7.00pm	power@le cardio		power@le aerial2				
7.30pm		BumsN'Tums ¹⁵					
7.45pm		power@le cardio		BumsN'Tums ¹⁵			
8.00pm	BumsN'Tums ¹⁵		BumsN'Tums ¹⁵	power@le cardio			
8.15pm	power@le cardio		power@le cardio				

Timetable subject to change without notice if deemed necessary.

Note: 30 minute BumsNTums and StretchNFlex are \$10 casual classes or 10 pass discount vouchers can be purchased.